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HOUSEKEEPERS' CHAT

Friday, March 24, 1933.

(FOR BROADCAST USE ONLY)

Subject: "How to Broil." Information from the Bureau of Home Economics,
U. S. D. A.

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You know without my mentioning it how pleased I am when any of my housekeeper friends write that she finds our little daily chats helpful. And you can imagine how extra pleased, not to say proud and flattered I am when an experienced housekeeper who has been at the job for a good many years tells me that she has learned a lot from listening to these talks. That's just what a lady in Sryacuse, New York, has written me. She adds that she would like some information on broiling steak. Her steaks always seem to come out either underdone or overdone, sometimes even burned.

For the sake of this housekeeper and any others who have the same difficulty with steak, we're going to discuss the art of broiling -- or grilling, as some people call it. The meat specialists over at the Bureau of Home Economics say that broiling is one of the best and quickest ways to cook any tender meat cut in slices. Broiling is simply exposing meat to direct heat until it sears on the outside and then cooks through. Thick pieces of tender meat are best roasted. But tender beef steaks and ^{lamb} chops are broiled or pan broiled. The same general method goes for both. You sear the meat all over the surface first. Then you reduce the heat and continue cooking until the meat is done to the degree you like it.

Most modern stoves are equipped for broiling. Most gas and electric stoves have broiling pans with racks in the oven. With these stoves, you broil your steak directly under the gas flame or the electric heating element. If you have a coal or wood stove, you can use a hand broiler and broil your meat directly over the live coals. If you have a stove that has no arrangement for broiling, use your skillet and pan-broil your steak. Pan-broiling is cooking in the skillet with only fat enough to shine the skillet, not enough to fry.

Now let's have the directions from the specialists for broiling stoak. We'll take up the process step by step. They suggest first that you select one of the tender steaks and have it cut from one to one and a half inches thick. You know the five tender cuts of steak are: sirloin, porterhouse, tenderloin, club, and rib. When you have selected your steak, trim off the excess fat and wipe it off with a damp cloth. As we mentioned, you can either broil your steak by direct heat or pan-broil it in a skillet. If you are broiling by direct heat, first heat your broiler or broiling rack. Then grease the rounds of the rack with some of the fat trimmings. Now lay the steak on the rack and place it over live coals or under an electric grill or the flame of a gas oven.

If you are using a gas oven, have your steak two or three inches below the flame. Sear the steak on one side. Then turn it to the other side, being careful not to pierce the brown crust. When you have seared both sides, reduce the heat and turn the steak occasionally until it is cooked just as you like it. Then place it on a hot platter, season with salt, pepper and melted butter and serve at once. By the way, since salt draws out juices, never salt your steak until it is done.

I can't give you the exact time it takes a steak to cook. The time depends on so many things -- how thick the steak is, how cold it is, how much heat you apply, and how well done you like it. A steak one to one and a half inches thick will probably require twenty to twenty-five minutes to cook medium rare under the flame of a gas oven.

You will probably need to do some experimenting with your own stove before you decide just how much heat you want to apply, just how far from the heat you want to place your steak. Always remember to apply a good deal of heat in the beginning so the meat will sear quickly and give that delicious steak flavor.

Now about pan-broiling. To pan-broil a steak sear it on both sides in a lightly greased, sizzling hot skillet. Then reduce the temperature and cook the meat to the desired stage, turning it every now and then to insure even cooking. Never add water. Never cover the pan. From time to time pour off the accumulated fat so the steak will not fry. If you have a thick steak, you can sear it first in the skillet and then finish it in a hot oven. Slip a rack under the steak in the skillet and the meat will cook evenly without turning. This oven-method is convenient if you are busy with other last-minute preparations for the meal.

Time to plan our steak dinner for Sunday. Let's have broiled steak and mushrooms or mushroom sauce; Fried potatoes; Harvard beets; Chopped raw vegetable salad made of cabbage, celery, green pepper and onion with cooked dressing. Serve this salad in a bowl right along with dinner. For dessert, let's have Devil's food cake and Coffee. Once more that menu: Broiled steak and mushrooms; Fried potatoes; Harvard beets; Raw vegetable salad made of chopped celery, cabbage, green pepper and onion; and for dessert, Devil's food cake and Coffee.

Here's an easy recipe for mushroom sauce. You can use either canned or fresh mushrooms making it. If you use fresh mushrooms, wash them and separate the caps from the stems. Trim the stems and cut them into pieces. Cook 1 pound of mushrooms in 2 tablespoons of butter in a covered pan five to ten minutes. Use moderate heat. Season and serve with the steak.

Monday: "Using dried beans and peas."

